



# The Sather Pathfinder

Volume 1, Issue 9

March 25, 2006

Sather Air Base , Iraq

## Table of contents

### **CSAF letter to Airmen**

Iraqi Freedom anniversary, Page 2

### **Partial solar eclipse**

Rare event over Iraq can damage eyes, Page 2

### **AF, Iraqis battle blaze**

Joint training put to work, Page 3

### **Army breaks shipping record**

Reduces Soldiers on convoys, Page 3

### **CENTAF/CC discusses ops**

Praises Coalition effort, Page 4

### **K-9s awarded OIF medal**

Military working dogs go home, Page 5

### **Women assume leadership roles**

History month highlights women warriors, Page 7

### **Comm keeps families in touch**

Keeping morale high, Page 8

### **Entomology take on the bugs**

Warm temps bring out critters, Page 9

### **Rising 6 career day**

Troops try skills at new jobs, Page 11

### **Who are the volleyball champs?**

Season wraps up with hard-hitting action, Page 15



# CSAF Letter to Airmen: Operation Iraqi Freedom Anniversary

**By Gen. T. Michael Moseley**

*Chief of Staff, U.S. Air Force*

March 19 marked the third anniversary of Operation Iraqi Freedom and the removal of an oppressive, dangerous regime. This was the culmination of a joint and coalition intense effort on land, sea, and air. I want to take this moment to say thanks for all your sacrifices ... and to let you know that you are doing awesome work.

In OIF, within the joint force, our total force - active, Guard and Reserve Airmen - grounded the Iraq air force, destroyed the combat effectiveness of the Iraqi ground forces, blinded the (Saddam) Hussein leadership and paved the way for a series of ground battles that saw Baghdad fall in 22 days. Your innovation and flexibility made the difference, whether it was Airmen decisively striking Republican Guard formations; in orbits over every Iraqi airfield; embedded with ground forces; launching and orbiting satellites high overhead; controlling armed unmanned aerial vehicles; or airlifting critical supplies and troops.

And today, you continue to provide air

support to the combatant commanders around the world, while also flawlessly performing non-traditional missions like base defense and convoy operations.

Your contributions to the spread of freedom and democracy did not begin three years ago; the Air Force has been at war continuously for over 15 years - since the opening rounds of Operation Desert Storm and through 12 years of no-fly zone operations. And although Iraq is receiving the majority of attention, Operation Enduring Freedom and Operation Noble Eagle remain critical to winning this long war. The Global War on Terror has now lasted 10 months longer than our nation fought in World War II. This is a joint fight, across the world—where we have a vital role.

Meanwhile, things have been fairly quiet on the home front, and that's good. That means we are doing our job well. You are protecting America by monitoring intelligence, sitting alert and flying patrols over our cities. By protecting our homeland and fighting the enemy on their turf, you are keeping your family, friends, and the American public safe. Our mission is to fly

and fight and win our nation's wars - and you're doing just that.

You are making a difference. I am proud of you. America is proud of you. You are helping to rebuild countries and protect fledgling democracies in Iraq and Afghanistan, while keeping America out of harm's way. Hurricanes Katrina and Rita, the Pakistani earthquake, Philippine landslides and, most recently, floods in Hawaii, brought out your best as well, as you pitched in side by side with allies and joint partners providing humanitarian relief across the globe, and in our own backyard.

You are the most combat experienced, battle-hardened Airmen since World War II. You are successfully doing whatever is asked of you across the domains of air, space, and cyberspace - you are always there.

Thanks for all that you're doing - it matters. Your tireless efforts keep this the best Air Force the world has ever seen, ready to lead or support the joint fight anywhere, anytime. You are making it happen in Iraq, Afghanistan, in the skies over America, and anywhere our nation needs us. Keep it up and keep 'em flying!

## Sather Air Base Warrior of the Week



• Staff Sgt.  
Christopher Perks

447th Expeditionary  
Operations Support  
Squadron

Selected for identifying several force protection items to Security Forces and the Global Security contractor.

## Partial solar eclipse to shadow Sather, Iraq

A partial solar eclipse will be visible over Iraq Wednesday. Because it is a partial eclipse, people shouldn't look directly at the sun with a naked eye or any optical device such as binoculars or a telescope. Permanent retinal damage or blindness can occur, according to NASA's Web site.

The eclipse is expected to start about 1 p.m. It should reach 75-percent totality at its peak at 2:15 p.m., which means the moon will cover

the sun enough that people will notice a darkening of the sky. The eclipse is expected to end about 3:30 p.m.

Only approved solar protection devices will allow an individual to witness the eclipse. This doesn't include sunglasses or viewing through a camera lens.

The NASA Web site describes some tips to safely witness the eclipse at <http://sunearth.gsfc.nasa.gov/eclipse/SEhelp/safety.html>.

## The Sather Pathfinder

Vol. 1, Issue 9  
March 25, 2006

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The editorial content is edited, prepared and provided by the public affairs office of the 447th Air Expeditionary Group, Sather Air Base, Iraq. This publication is a bi-weekly product, produced on the 2nd and 4th Saturdays of each month. All photographs are U.S. Air Force photographs unless otherwise indicated.

The *Sather Pathfinder* accepts stories, photographs and commentaries, which maybe submitted to the public affairs staff—located in the group headquarters building—or can be sent directly to the newspaper at [447aeg.pa@bdab.centaf.af.mil](mailto:447aeg.pa@bdab.centaf.af.mil).

Deadline for publication is one week prior to publication. For more information, call 446-2405, or e-mail public affairs at [447aeg.pa@bdab.centaf.af.mil](mailto:447aeg.pa@bdab.centaf.af.mil).

## Front Page photo

**Airman 1st Class  
Brandon Lampinen,  
447th Expeditionary  
Civil Engineer  
Squadron Fire  
Department  
firefighter, prepares  
to battle a five-alarm  
blaze at a weapons  
training site near  
here March 7.**



**See Page 3 for the  
rest of story.**

*Photo by  
Master Sgt. Will Ackerman*



# Airmen, Iraqis battle five-alarm blaze

By Master Sgt. Will Ackerman

447th Air Expeditionary Group  
Public Affairs

Iraqi and American firefighters battled a five-alarm fire at a weapons training facility on the Victory Base Complex March 11.

Iraqi firefighters based at the training site responded to the fire after seeing thick, black smoke billowing into the clear, blue sky. Realizing the fire was too much for their two fire trucks, they called for assistance from the American and Iraqi firefighters located throughout the complex.

"The Army (trainers) there said they used fire extinguishers initially, but the fire got too big," said Mario Jomantoc, a contractor at the site.

The indoor shooting range was lined with 50-pound rubber blocks, which caused the fire to quickly spread.

"We pushed water with our two trucks and then called for back-up," said Assad, the site's Iraqi fire chief. "The fire started suddenly getting big. We knew we couldn't handle alone with our two trucks."

Camp Stryker's fire department called for assistance from firefighters at Sather Air Base, Camp Victory, Camp Liberty and Baghdad International Airport.

The 447th Expeditionary Civil Engineer Squadron Fire Station crews were the first subsequent responders. Because the fire had burned for about 30 minutes, and

rubber blocks lined the facility interior, billowing flames and thick, black smoke reached high into the afternoon sky.

"We were worried there might be people in the facility," said Tech. Sgt. Dennis Schipper, the Sather AB firefighter who took control as the incident commander. "We didn't (know) if there were occupants inside."

The Iraqi firefighters aggressively attacked the fire for a few minutes before the Sather team arrived. Sergeant Schipper's team offensively attacked the fire, spraying about 5,000 gallons of water from their trucks. But with no hydrant systems, they and the other responding firefighters went on the "defensive" to try and save the adjoining dining facility and remaining indoor training range.

"Our goal then was containment," he said.

They worked in concert with other responding firefighters to set up an "emergency" water tank. The system is a temporary water bladder the Sather fire truck's sucked from to feed the firefighters' hoses. This required help from Kellogg, Brown and Root contractors and the 447th ECES Utilities section workers, who dumped water from trucks into the bladder from emergency water sources located throughout VBC.

The fire, which destroyed the east wing of the structure, burned until the early hours of Sunday.



Photo by Master Sgt. Will Ackerman

**Airmen from the 447th Expeditionary Civil Engineer Squadron Fire Department and Iraqi firefighters fought a five-alarm blaze at a weapons training facility near Sather Air Base March 11. The firemen saved an adjacent dining facility and indoor firing range.**

But smoke from the smoldering rubber was still seen drifting into the sky days later.

The Iraqi and American firefighters said the challenges included no hydrants, poor communication and a language barrier. But they both agreed the joint training they perform each week paid huge dividends when they came together to fight the fire, which was the largest most had ever fought. It was also the first real fire for some.

"Our (joint training) is very good," Assad said. "It makes it easy to work together. We worked like a team."

Most of the Iraqi firefighters have about three months of training. But Sergeant Schipper said they performed well under pressure.

"They were very aggressive and wanted to attack the fire from the interior of the structure. Once it

was determined that the fire in the east side of the facility was unable to be extinguished, they were eager to assist our efforts protecting the west wing," Sergeant Schipper said.

It was the first structural fire for many of the young Sather AB team, too. But all their constant training paid off.

"We knew exactly what to do (because of our training), said Airman 1st Class Jose Flores, 447th ECES firefighter.

Sergeant Schipper also praised the combined efforts of all the firefighters, utilities Airmen and KBR.

"It was a total team effort. Without everyone's involvement, the structure, along with the adjacent structures, could have been a total loss," Sergeant Schipper said.

The cause of the fire is under investigation.

## Army cargo team breaks shipping record, keeps Soldiers off road

By Army 2nd Lt. Jessica Boudra

623rd Military Cargo Team

Sather Air Base has become one of the busiest military aerial ports in the world. The volume of cargo flown through the movement control operation here since the 623rd Military Cargo Team arrived has significantly increased.

Since January, the MCT shipped more than

878 pallets of cargo via CH-47 Chinook Helicopters. In February, the MCT moved 1,756 pallets; in February 2005, it moved 646 pallets.

What's more, this saved 878 Soldiers from transporting pallets on convoys over Iraqi roads. For every two pallets flown, one Soldier is taken off of a convoy, said Maj. Mitch Ybarra, 623rd MCT commander.

One of the unit's most noteworthy missions was flying add-on armor to a forward operating base. Pfc. Joshua Brady assisted Command Sgt. Major Lawrence McCullar recently with documentation and configuration for the outbound AOA cargo via CH-47.

"We know that AOA is one of the top priorities in saving Soldiers' lives," said Private Brady. "It is always flown out first."

# CENTCOM Air Forces CC discusses future

## Coalition forces, Airmen making big impacts

By Staff Sgt. Melissa Koskovich

CENTAF-Forward Public Affairs

SOUTHWESTASIA—Lt. Gen. Gary L. North, 9th Air Force and U.S. Central Command Air Forces commander, shared his insight and vision for the future during an interview at the Combined Air Operations Center March 10.

During his first visit as CENTAF commander, General North discussed the CENTAF mission and the challenges facing Airmen and Coalition forces, while praising the work being done in the theater.

“Our Airmen and Coalition partners are the leveraging tool that allows success in the battlespace. They all play a critical role in fighting both today’s and tomorrow’s war,” said General North. “From our youngest Airman all the way up to senior leaders, they bring an understanding of the technologies that we are using and their ability to operate the way we train in the warfighting environment.”

The general was impressed by the enthusiasm and professionalism of deployed Airmen.

“They are exceptional in their understanding of the mission, the processes involved in day-to-day operations and the execution we use to support CENTCOM and

the ground-component commanders,” he said.

The general stressed the importance of joint and Coalition operations for mission success.

“We cannot fight these battles alone. It takes a tremendous combined effort that uses the capacity of each nation and service to succeed,” he said. “This allows us to have a collective understanding of air and space power, and enables us to produce hundreds of sorties each day.”

This collective understanding has also proven invaluable in our efforts to help the Iraqi air force rebuild.

“They [the Iraqi air force] are a proud force. They’re excited to be flying again and eager to grow to the capacity the Iraqi military will need in the future,” said General North. “We look forward to continuing to work with them toward our common goals.”

With the gates of New Al Muthana Iraqi Air Force Base now open and all-Iraqi C-130 aircrews taking flight, General North said the Iraqi air force is definitely making progress.

“These steps, while significant, are the first of a thousand miles,” he said. “It will take some time before they are independently effective in the large mission they have.”

With this in mind, the general said the deployment tempo for Airmen will likely remain very close to what it is today.

“We constantly look to how the battlespace is evolving and



Photo by Senior Airman Rachel Waters

**Lt. Gen. Gary North, U.S. Central Command Air Forces Commander, talks to Airmen at the Combined Air Operations Center at an undisclosed base in Southwest Asia recently about their success and his vision for the future of the Global War on Terrorism.**

evaluate our deployment requirements in Iraq, Afghanistan and the Horn of Africa. We then shape our requirements to meet the needs of the ground-force commander,” he said

These needs sometimes include Airmen serving in “in-lieu-of” roles ranging from convoy and patrol operations to specialized engineering and medical support.

“We’ve taken Airmen from across all domains, matched them with jobs and trained them to execute these ILO missions,” he said. “The feedback from the field is that our Airmen are doing exceptional jobs in these roles – I couldn’t be prouder of them.”

While praising Airmen for their courage and dedication, the general also challenged deployed Airmen who have mastered their primary duties to branch out and learn about someone else’s job.

“Doing this will allow Airmen to better understand how they fit into the bigger picture, and why integrated Coalition warfare is critical,” he said.

Acknowledging the many challenges deployed Airmen face, General North thanked them for raising the bar and serving their country in a difficult time.

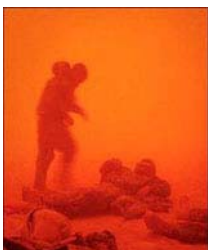
“Our Airmen today are the finest that our Air Force has ever seen. We can never forget how important they are and how proud America is of what they’re doing,” he said. “Our Airmen understand their mission. The enthusiasm with which they operate against a very determined foe is heartwarming, because they get it. And that’s what’s most important about our Airmen today: they get the mission, they understand it, they’re doing it 24/7, and nobody does it better.”

## Emergency Response Tips

### Shamals (Wind Storms)

Northern winds that can reach in excess of 45 mph: Visibility decreases with blowing sand and dust

- Stay inside unless mission dictates
- Use goggles or a scarf for protection
- Drive vehicles with headlights on





## Sexual assault response coordinator helps prevent cases, cares for victims

Airmen in Iraq now have access to education, prevention and, if necessary, response and care for sexual assault.

Capt. Jen Cinq-Mars, the first Sexual Assault Response Coordinator in Iraq, recently arrived at Balad Air Base to provide those services to all Airmen serving in Iraq. Her duties include educating personnel on the role of the SARC and the reporting options available under this new program. If a sexual assault should occur, she is responsible for victim care and support during the healing process.

"The SARC's primary role is to assist sexual assault victims from their initial report, to coordinating care with helping agencies, to disposition and resolution of the case," said Captain Cinq-Mars.

At Sather AB, helping agencies include the chaplain, Life Skills and victim advocates.

"Disposition and resolution mean different things for people in a variety of situations. For some, healing means making a statement to security forces or the Air Force Office of Special Investigations and prosecuting the case through the Uniform Code of Military Justice, while for others it means helping the victim recover to survivor status after a very emotionally and physically degrading event," she said.

The SARC also provides awareness, education and prevention programs to try to eradicate sexual assault. That includes training victim advocates who assist victims in answering questions, provide support and motivate the victim to continue in a positive direction in the healing process. Advocates



Photo by Master Sgt. Will Ackerman

### Combat K-9s

(Left to right) Eros, Rex and Bennie, military working dogs with the 447th Expeditionary Security Forces Squadron, show off their Operation Iraqi Freedom Medals presented to them by Maj. Laura Soule, their commander, March 16 at their training compound at Sather Air Base. They completed their six-month deployment here with their handlers Staff Sgts. Anthony Perkins and Steve Keller and Senior Airman Ian Valencia recently.

also educate people within their squadron about sexual assault, the available reporting options and ensure a healthy work environment is always present.

In June 2005, this new program created another option for victims to report sexual assaults without immediately informing their entire chain of command. The option of "restricted reporting" allows the victim to receive counseling, medical treatment and a victim advocate without having to face investigators right away.

The rationale behind restricted reporting is to provide the victim time to heal before the difficult process of prosecution begins. The hope is that victims who might not have come forward in the past to receive help will now come to the Sexual Assault Response

Coordinator and begin the healing process.

Ultimately, the goal is to get victims who file restricted reports to turn those reports into unrestricted so the offender can't assault someone else. There is no time limit for turning a restricted report into unrestricted, so the victim can take all the time necessary to begin the healing process.

Unrestricted reporting provides the victim with a victim advocate and helping agencies, in addition to immediately starting the investigative process. The victim receives support from his or her chain of command to aid in the difficulty of coming forward.

For more information, e-mail [jennifer.cinq-mars@blab.centaf.af.mil](mailto:jennifer.cinq-mars@blab.centaf.af.mil).

(Information courtesy of Captain Jen Cinq-Mars, SARC Coordinator.)



Photo by Tech. Sgt. William Sharon

### Bladder control!

Staff Sgt. Adam Cox, Senior Airmen Shayna Bull, Robert Disel and Kasey Grinrod, and Tech. Sgt. Jarrod Tanner, 447th Expeditionary Logistics Readiness Squadron Fuels Management Flight, replace a 50,000-gallon jet fuel bladder. They drained, replaced and refilled two bladders in 48 hours.

## AF Fund gives back to Airmen

You can help current and former Airmen through the Air Force Assistance Fund.

AFAF charities have turned \$1 in donations to \$8 in services in the past through investments.

You probably know someone who's received help from one of the four charities: the Air Force Aid Society, Air Force Enlisted Village, Air Force Village and General and Mrs. Curtis E. Lemay Foundation.

To continue helping, it's critical

to contribute. Representatives from your home station may have contacted you. You are encouraged to donate through them on the Air Force Form 2561.

Conversely, you can complete a payroll deduction form at [www.afassistancefund.org/fund/form.cfm](http://www.afassistancefund.org/fund/form.cfm). Only complete one of these; otherwise you will donate twice, through each medium.

For more information, contact Chaplain (Capt.) Alan Madera at [alan.madera@bdab.centaf.af.mil](mailto:alan.madera@bdab.centaf.af.mil).

# SNCO keeps 'best kilt legs' title

By Tech. Sgt. Veronica Aceveda

379th Air Expeditionary Wing Public Affairs

**SOUTHWEST ASIA** — Senior Master Sgt. Todd Flickinger, 746th Expeditionary Airlift Squadron, recently defended his stateside title of "Best Legs in a Kilt" while deployed to the desert.

For the past two years, an annual contest held in Bethlehem, Pa., as part of St. Patrick's Day celebrations, resulted in Sergeant Flickinger being named the winner. When it came time for this year's competition March 18, the reservist and reigning champion from Willow Grove Air Reserve Station, Pa., was deployed to Southwest Asia. But, that didn't stop the Scotsman from entering the event.

Sergeant Flickinger, who beat out 30 contestants last year, came to the desert prepared. Along with his body armor and Kevlar helmet, he deployed with his utility kilt.

After Sergeant Flickinger secured the help of a photographer and videographer, he began

his leg-prepping regime.

"It takes a couple of weeks for toning and tanning," said the flight engineer. "Normally in the states, you wear your kilt and parade around in front of hundreds of people," said the two-time champion. "So, I did just that, as best as I could on video and sent it to them along with a couple of pictures."

Impressed with his overseas efforts, "Todd was awarded an honorary winner prize," said Neville Gardner, event organizer. "So technically, he's the co-champion for this year."

That extends Sergeant Flickinger's title of "Best Legs in a Kilt" for one more year.

As for how Sergeant Flickinger learned his legs had that "extra something," he simply said, "My wife told me."

In light of his recent victory, the interest in kilts and kilt competitions has seemingly increased on base here. When asked if there were any future plans to incorporate a kilt contest here for next year, Brig. Gen. Ted Kresge, 379th AEW commander responded with, "Let me think about that ... no!"



Photo by Senior Airman Mark Orders-Woempner

**Senior Master Sgt. Todd Flickinger, 746th Expeditionary Airlift Squadron, recently defended his stateside title of "Best Legs in a Kilt" at a base in Southwest Asia.**

## World War II veteran receives belated Purple Heart

By Staff Sgt. Raymond Hoy

60th Air Mobility Wing Public Affairs

**TRAVIS AIR FORCE BASE, Calif.** — March 21 was a special day for one Airman. It was the day that he received his Purple Heart Medal. It was a proud day, and a long overdue one at that.

Mr. Leo Bach received his medal after suffering injuries to his right leg and back after bailing out of his B-17 Flying Fortress nearly 62 years ago.

Mr. Bach, then a 24-year-old first lieutenant bombardier in the U.S. Army Air Corps, was one of nine crewmembers on a bombing run destined for Cottbus, Germany, April 11, 1944. The crew was forced to evacuate the disabled aircraft after sustaining damage from an attack by a squadron of German MP-109s and FW-190s. All nine crewmembers bailed out 50 miles southeast of Berlin, never reaching their target.

After his parachute safely opened up, a strong gust of wind caused Lieutenant Bach to land

hard injuring his leg and his back in the process.

After lying in agony for a short while, he was able to limp away from the area. He evaded capture for three days before being captured by the Germans April 13, 1944, and sent to a prisoner of war camp in Barth, Germany.

"I was dumped in Stalag Luft One, a mud hole of a POW camp," said Mr. Bach, now 86 years old and a resident of Walnut Creek, Calif.

While at the POW camp, Mr. Bach had little time to worry about his injuries.

"It didn't seem like a big deal at the time," he said. "There were other things on my mind."

Mr. Bach was of Jewish heritage and under constant threat from the Nazi guards at the camp.

"When the Germans took 200 of us and put us in a separate building, the so-called Jewish barracks, I had more on my mind than seeking out medical attention, he explained. "I didn't want any more contact with the

Germans than was absolutely necessary."

Luckily for Lieutenant Bach, the Russians liberated him from Stalag Luft One May 1, 1945. He was a POW for one year, one month and one day.

Mr. Bach was honorably discharged from service Dec. 23, 1945. After leaving the service, Mr. Bach moved on with his life. He and his wife, Sylvia, had two children, daughter Emily and son Daniel. He later wrote a book about his war experiences.

Ten years ago, he decided to pursue the Purple Heart that he deserved. Because of a lack of medical records from his experience in the POW camp, he was turned down on his first attempt. With the help of Rep. Ellen Tauscher, he was later approved to receive his medal.

Col. Lyn Sherlock, 60th Air Mobility Wing commander, offered condolences for his suffering.

"Mr. Bach, we wish that you did not have to endure the afflictions

of those wounds and your time as a prisoner of war," Colonel Sherlock said during her speech at the medal ceremony.

"We are truly grateful for your selfless service to our country and for setting the example for our Soldiers and Airmen to follow. I regret that it has taken so long for you to be formally recognized for what you deserve," she added.

Colonel Sherlock presented Mr. Bach with his Purple Heart during the ceremony. He was also awarded the WWII Campaign Medal, the American Campaign Medal, the European/ African/ Middle East Theater Medal with one bronze star, the Asiatic Pacific Theater Medal with two bronze stars and the Prisoner of War Medal.

Mr. Bach says he doesn't blame the Air Force for taking so long to award him his medal.

"The fault lies with the German Luftwaffe and with me personally," he said.

For now, Bach is just happy to be home.



# Making History

## Women take on leadership roles, change paradigms

By Master Sgt. Will Ackerman

447th Air Expeditionary Group  
Public Affairs

In 1851, Sojourner Truth, a former slave, preached about equality for all people during her “Ain’t I a Woman” speech. Sixty-nine years later, women gained the right to vote with the 19th Amendment to the U.S. Constitution.

Since Ms. Truth delivered her speech, women have fought for equality and have ascended to great heights in society. Although Klara Zetkin, a German, organized the first International Women’s Day March 19, 1911, it wouldn’t be until 1987 that Congress declared March as National Women’s History Month.

Today women fill many leadership roles. Here at Sather Air Base, three Airmen and a Soldier share their thoughts about the challenges they faced and their approach to leadership.

Chief Master Sgt. Debra Garza faced a predominantly male Air Force security forces military working dog handler career field when she enlisted in 1977.

“Daily I was taunted by the higher ranked (E-3s and E-4s) about how I didn’t belong here,” said Chief Garza, the 447th

Expeditionary Security Forces Squadron Manager. But she said she overcame this by “being the best at my job as humanly possible and not changing my core person to fit into their view

of me.”

She said this resulted in gaining their trust when another dog handler was murdered in the jungles of the Philippines in 1977. When the flight sergeant asked another patrolman who he wanted to back him up during the search for the perpetrator, he chose then Airman Garza. When asked why he picked her over the others, he said, “I know you are not high, that you are a good shot and you won’t get me killed.” She said even then the Air Force core value of Integrity First saw her through.

Chief Garza’s mother has been her inspiration as a leader. Her mother took a “traditional man’s job” when it was not popular.

“She did her job very well, and was promoted, despite the negative reinforcement she received,” Chief Garza said. “As long as you still have a passion for what you are doing, and are still making a positive impact,

then you are a successful leader.”

Although Congress passed the Equal Rights Amendment in 1972, which called for equal rights for men and women, it was never ratified. But that didn’t stop Sather Air Base’s chief enlisted manager from taking on challenges and rising to the top of the Air Force enlisted ranks.

“Women are rising to new heights, because these days they are being taught from a young age that they have unlimited potential,” said Chief Master Sgt. Aliquippa Allen.

“I’ve learned to always give it my best shot and never compromise who I am as a leader, nor as a woman.”

The chief said her mother is her role model, because she “inspired” her to “step out in faith, and always treat people the way you want to be treated.” This served Chief Allen well, she said, because she faced discrimination while growing up in Alabama in the 1960s, but also fought a “male-dominated leadership paradigm” in the service.

She said the key is to know yourself better than anyone else.

“I’ve always held onto my faith and believe that God will give me a chance, even when man may not,” Chief Allen said. “I simply try to make a difference wherever I am, regardless of how others see me.”

Although the two chiefs rose through the ranks when women in leadership was sometimes a rarity, even today’s women who are new to leadership roles can face discrimination.

Army Second Lt. Jessica Boudra, 623rd Military Cargo Team dayshift officer in charge, said the key to overcoming discrimination is to “speak up” and take action. In her role as a leader, she said the key to eliminating discrimination is to “lay down the ground rules right off, and let there be no exceptions in following them.”

Lieutenant Boudra said for young leaders like herself,

gaining subordinates’ trust comes from learning “every aspect of an operation” and listening to each Soldier’s input.

“I’m aware that every member of my team has something to contribute – some good to give – a different view or perspective to bring to the table,” she said.

Her role model – her grandmother – taught her to “take excellent care of everyone around her while taking care of herself.”

Although NCOs and officers have legal authority, Maj. Laura Soule, the 447th ESFS commander, said she prefers to be seen as a “competent, fair leader who (subordinates) can trust.”

A successful leader is “someone with integrity, who ensures the mission is done right while taking care of the troops.”

Her aspirations: “Keep doing the job until it’s not fun anymore, ... and get my team the heck out of Baghdad alive.”



Photos by Master Sgt. Will Ackerman

**Chief Master Sgt. Debra Garza, 447th Expeditionary Security Forces Squadron Manager, entered the Air Force in 1977 when women were a minority in her job.**



**Army 2nd Lt. Jessica Boudra, 623rd Military Cargo Team Dayshift officer in charge, said young leaders earn subordinates’ trust by realizing each team member’s input is valuable.**

### Historical Women’s Firsts

- March 19, 1911, First International Women’s Day held
- 1920, 19th Amendment allows females to vote in U.S. elections
- 1978, California schools hold first Women’s History Week
- 1981, Sandra Day O’Connor becomes first female associate justice on U.S. Supreme Court
- Jan. 23, 1997, Madeline Albright sworn in as U.S. Secretary of State
- June 16, 2005, Capt. Nicole Malachowski named first female U.S. Air Force Thunderbirds pilot

# Neither floods nor cut cables stop Comm from keeping people in touch with families

By Master Sgt. Will Ackerman

447th Air Expeditionary Group Public Affairs

In World War II and the Korean and Vietnam wars, deployed troops looked forward to mail call. This was their primary communication mode with family and friends. However, letters could take weeks or even months to arrive.

Today's warriors still receive letters, but people today have instantaneous communication through telephones and e-mail. Keeping these lines open is the job of the 447th Expeditionary Communications Squadron

"We are all working in communications to keep people in touch with their families," said Master Sgt. Kirk Baldwin, the post office superintendent.

Although telephone calls and e-mail comes to mind when people think of communication, the post office provides a "tangible" piece of home.

"The Internet is great. But it's not a crayon or a stick drawing that a 4-year-old did in kindergarten," Sergeant Baldwin said.

"(Mail) is a real piece of my life I can hold."

The postal staff here works with the Army at the Joint Military Mail Terminal nearby to process mail for more than 108,000 troops deployed to the Baghdad area. Two of his staff at the JMMT processes an average of 13,000 kilograms of outgoing and 25,000 kilograms of inbound mail daily. During January's Army and Air Force personnel rotation, the JMMT processed more than 978,000 kilograms of mail.

With the exception of money orders, the Sather Air Base post office provides services found at a stateside post office. Deployed members can also mail "personal" letters up to 13 ounces free. Additionally, mail sent to other military postal centers overseas is free.

Letters and packages provide tangible momentos, but "there's nothing like hearing someone's voice," said Staff Sgt. Tavares Mays, a telephone voice maintenance technician. His office maintains the

telephone hardware and wiring inside buildings. They also recently installed defense switched network lines at New Al Muthana Air Base, which is adjacent to Sather AB.

He said a problem is users breaking telephone wires or turning off ringers.

"A lot of our time is spent troubleshooting," said Staff Sgt. Garry Bean, a telephone technician. "But once we actually find the problem, it's normally an easy fix."

Although there's no telephone operator here, they get calls from customers asking for a phone number. But they find the number in the phone book on the Sather AB intranet home page, just like the customer.

"We will give the customer the number out of common courtesy," Sergeant Bean said.

Although the telephone systems here are only DSN accessible, the chance of the lines not working are minimal, said Neal Creasy, a government contractor who programs and maintains the telephone main frame system here. Mr. Creasy, who has more than 40 years as a telephone programmer, said the telephone switch here has multiple redundancy capability and battery back-up for power.

"When you dial somebody's number from here, you know you will get through. This is just as modern as anything in the states," he said.

Although the system is capable of handling thousands of telephone numbers and myriad programming features, it currently uses a fraction of its capabilities, Mr. Creasy said.

"It's got more features than you will ever



Photos by Master Sgt. Will Ackerman

**Senior Airman Douglas Williams, 447th Expeditionary Communications Squadron Post Office technician, copies information off a package at Sather Air Base March 18.**



**Staff Sgt. Tavares Mays, 447th Expeditionary Communications Squadron Voice Maintenance technician, checks a telephone switch here March 18.**

need here."

With the morale call policy restricting usage to two 15-minute calls a week, people can communicate daily through e-mail. Although not at a broadband speed, the e-mail and Internet here are vital links to people outside of Sather AB. Keeping the servers operating is the network control center's job.

"We give you connections to the outside world," said Tech. Sgt. Alvin Mills, NCC NCO in charge.

The NCC creates user e-mail accounts, ensures network connectivity and trouble shoots problems people have with their accounts or their desktop computers.



# ‘Pest’ warriors: When the wildlife comes out, the war is on for pest management

By Master Sgt. Will Ackerman

447th Air Expeditionary Group  
Public Affairs

With the onslaught of warmer weather, trees and flowers bloom and bees and birds reappear from their winter hibernation. But the spring also brings a resurgence of other life – mosquitoes and other biting insects.

This is when the 447th Expeditionary Civil Engineer Squadron Pest Management technicians get busy reducing the threat to Sather Air Base residents. The two-member team – better known as Entomology – doesn’t perform preventative pest control; they take corrective actions once pests and wildlife appear.

“We kill the bugs,” said Staff Sgt. Lorie Simpson.

During the winter, mice and other rodents seeking food were the primary problem, said Sergeant Simpson. But toward the end of February, mosquitoes and sand flies emerged as the biggest threat. Although small in size, these biting vectors can carry diseases including malaria and leishmaniasis, which are serious threats to humans.

Leishmaniasis is caused by a parasite that gets into people when infected sand flies bite, according to Tech. Sgt. Frank Flodin, pest management NCO in charge. Although sand flies are one-third the size of mosquitoes, their bite and the disease can cause severe skin sores or sand fly fever.

The two most common sores are visceral and cutaneous. Visceral causes fever that won’t go away, affects internal organs and can cause death if not treated. Cutaneous causes long-lasting skin ulcers that can leave scars. Sand fly fever can cause flu-like symptoms or brain infection, which can be severe.

Mosquitoes can carry malaria,



Photo by Master Sgt. Will Ackerman

**Staff Sgt. Lorie Simpson, 447th Expeditionary Civil Engineer Squadron Pest Management Technician, sets a trap to catch a cat at Sather Air Base Tuesday. The two-person team trap animals such as cats, dogs, jackals and use various tools to kill flying insects including mosquitoes and sand flies.**

which can be fatal. It is caused by a parasite that causes patients to be sick with high fevers, shaking chills and flu-like illnesses, according to the Center for Disease Control.

The good news is none of the mosquitoes or sand flies collected here to date tested positive for either disease, said Lt. Col. (Dr.) Steve Niehoff, 447th Expeditionary Medical Squadron Public Health chief. However, “they are still annoying” and do bite, he said. Additionally, the diseases could be introduced in the future.

Both these and other types of flying vectors are attracted to light and water.

“Anywhere there is standing water attracts these vectors,” Sergeant Simpson said.

The pest control team works

with public health to identify large concentrations of flying insects. They set out “light traps” to collect the insects. If a large concentration of these vectors is collected, the pest management team “fogs” the area to kill the insects.

However, people here can prevent getting bit using Permethrin and DEET insect repellants. Permethrin is sprayed on uniforms and DEET is applied to exposed skin. (See

## Pest Control Tips

- Treat uniforms with **Permethrin** repellent. Uniforms must be retreated after six washes. (Use on work uniforms; do not spray physical training uniforms.)
- Apply **DEET** lotion to exposed skin. (Do not get near eyes or on open sores. This can fog eyeglasses and watch crystals.)
- Wear the uniform properly to cover as much skin as possible and to prevent access through openings in the clothing; roll sleeves down, tuck pants into boots, tuck undershirt into the pants.

(Courtesy U.S. Army Center for Health Promotion & Preventive Medicine)

information box for more information.)

Both items are available from the pest management office or the 447th Expeditionary Logistics Readiness Squadron Individual Equipment Issue section.

In addition to flying insects,

the pest management team traps wildlife including jackals, dogs, cats and foxes. They recently caught a jackal in Tent City and



# COMMUNICATIONS: *Continued from Page 8*

“Network connectivity is our number one challenge,” Sergeant Mills said. “The signal can freeze if a lot of people try to access at the same time.”

Additionally, he said many users lock themselves out of their e-mail accounts when they attempt to log-in more than three times. “People forget their passwords.”

Unlike a home base where computers are primarily for official use, morale use here is allowed. People can use the Internet for news and education and e-mail for communicating with families. For people such as security forces whose workcenters are not computer based, there is also a morale tent with computers and telephones.

“It’s self gratifying to know I’m providing a means for people to stay in touch with their families,” Sergeant Mills said.

With any communications systems the quality is only as good as the infrastructure. Working with their Army counterparts, the cable maintenance technicians are responsible for more than 500 miles of copper strand wiring for telephones and 250 miles of twin-fiber wiring for the Internet on the Victory Base Complex.

Not knowing where the wiring was placed is their biggest challenge when a fault occurs.

“There were not a lot of cable prints to know where the wiring is,” said Tech. Sgt. Gerald Boulay, Cable Maintenance NCO in Charge. “Part of what we are doing now is locating cables and mapping it.”

They have also been busy laying cable to new buildings around base. They recently provided Internet and DSN access to the

New Al Muthana Air Base. Airmen are also establishing connections at the Air Force House at Camp Liberty.

A hidden asset in the communications link is Technical Control. Working with a contractor, they manage the incoming and outgoing signal from the Deployable Ku-Band earth terminal. The DKET satellite system has redundant capability and provides capability for communications upgrades and expansion. It is the conduit for the telephone and Internet signals in and out of Sather AB.

Although the communications team works behind the scenes, they know their reach is felt and appreciated by everyone here to keep morale high.

“Our main goal is to keep everyone in touch,” Sergeant Baldwin said.

# PESTS: *Continued from Page 9*

turned it over to a veterinarian at Camp Slayer. If an animal bites a human, it can cause rabies.

Although most people are aware of these dangers, U.S. Central Command issued General Order 1, which prohibits people from keeping pets.

“The order is there for a reason,” said Sergeant Simpson.

Some other dangers that threaten people here are snakes, mice, scorpions, and black widow and brown recluse spiders. The pest management team said the easiest way to avoid these creatures from being attracted to work centers

or tents is “cleanliness.”

“Cleanliness is the best thing,” Sergeant Simpson said. They recommend emptying garbage cans daily and keeping food in sealed containers.

The spiders are attracted to dark areas such as corners, boots and stored duffel bags. The most common biting incidents occur when people don their uniforms or are pulling out their bags that were stored for the deployment.

“Biting is their defensive mechanism,” Sergeant Flodin said. The best defense is to shine a flashlight in dark places

and to shake out uniforms and boots before donning.

A lesser-known mission they attack is weed and dust control. They spray a dust-control agent on unpaved roads and spray weeds on sidewalks and the runway.

“Weeds are also considered a ‘pest,’ but some types can puncture aircraft tires,” Sergeant Flodin said.

So regardless whether the “pest” is animal or vegetable, the pest management team is armed and ready to attack the enemy to neutralize the threat to Team Sather.

## Daylight-Saving Time



*Daylight-saving time begins at the times and dates indicated below. Clock times must be turned ahead 1 hour.*

- March 26 @ 2 a.m., United Kingdom, Europe
  - April 1 @ 3 a.m., Iraq
  - April 2 @ 2 a.m., United States, Canada (Hawaii, Arizona and the eastern time zone of Indiana do not use daylight-saving time.)
- (For more information, visit <http://www.daylight-saving-time.com>)*



Photo by Master Sgt. Will Ackerman

## ‘Total Force’ mission

First Lt. Steven Johnson, 447th Expeditionary Logistics Squadron, explains the Sather aerial port mission Thursday to Maj. Gen. Allen Poulin, Air Force Reserve Command vice commander.

## An Airman’s View of Leadership

*Submitted by Senior Airman Tyler Stocks, 447th Expeditionary Operations Support Squadron:*

When people decide if they respect you as a leader, they don’t think about your attributes. They observe what you do so they know who you really are.

They observe to determine if you are an

honorable leader, worthy of trust, or a self-serving careerist who misuses authority to take care of No. 1 and get promoted.

The basis of good leadership is honorable character and selfless service to an organization and its people. In the eyes of the workers, your leadership is defined by every action you take that affects the organization’s

objectives and the well-being of its members.

Respected leaders concentrate on what they are - beliefs, character - what they know - job, tasks, human nature - and what they do - implementing, motivating, providing direction.

*Managers are people who do things right; leaders are people who do the right thing - Warren Bennis*





Photos by Master Sgt. Will Ackerman

(Above) Staff Sgt. Amy Lane, 447th Expeditionary Security Forces Squadron, demonstrates how military working dogs stop bad guys. (Right) Tech. Sgt. Monica Strong, Senior Airman Gianne Vinlun (front), Staff Sgt. Kanid Gant and Tech. Sgt. Arleen Recio (rear) carry Master Sgt. Alan Stoinski in the self-aid and buddy care race while Senior Master Sgt. Cleveland Wiltz encourages them.



Senior Airman Michael Nazario, a Coalition Air Force Transition Team maintenance adviser, tests his strength and endurance during the fireman's challenge March 17.

# Rising 6 Career Day

Sather Air Base members tested out their skills in other Air Force jobs during the Rising 6 Career Day March 17. The day was a chance for people to see and experience jobs they might be

interested in trying out. Additionally, people also competed in competitions including the fireman's challenge and a self-aid and buddy care race.



(Above) A Sather Air Base Airman tests his skills shooting water from a fire hose during Rising 6 Career Day March 17. (Right) Senior Master Sgt. Dale Moser, 447th Expeditionary Civil Engineer Squadron Explosive Ordnance Disposal Flight, explains how his team disarm improvised explosive devices





# Open Voice: Today's 'greatest generation'

By Master Sgt. Will Ackerman

447th Air Expeditionary Group  
Public Affairs

Former NBC news anchor Tom Brokaw called World War II veterans "The Greatest Generation." Looking back on the sacrifices of heroes from World Wars I and II, they indeed changed the course of history with the defeat over the Axis powers.

Today's military members have been called by some the next "greatest generation" for the sacrifices and changes their military service has made across the world by fighting the Global War on Terror. You are part of today's great generation.

Today's military is making impacts worldwide. There are more than 130,000 troops in Iraq and 22,000 in Afghanistan today who are helping formerly oppressed nations fight for democracy and freedom. You are part of that.

Although the news media highlights the negative aspects such as sectarian violence and extremism, the positive stories and results abound. These are the success stories that will be the lasting impressions.

Just this past week, a C-17 Globemaster III aircrew dropped more than 32,000 pounds of

humanitarian aid to civilians in Afghanistan. Over the past three years, more than 9,000 construction projects valued at \$9.3 billion were accomplished in Iraq including schools, electricity and water.

But it's the little things that make the difference. Even though most of Team Sather doesn't go "outside the wire," people here are making a difference. Our brethren at New Al Muthana Air Base recently helped Iraqi Airmen celebrate the stand up of Iraq's first post Saddam Hussein-era flying squadron and base March 7.

The 447th Expeditionary Medical Squadron leads a group every week to the Civil Military Operations Center on Camp Victory, where they provide medical care to Iraqis. It's this humanitarian care and the "human face" and kindness the Sather members show when they are playing with the children that will leave an indelible impression.

I can recall a deployment three years ago to the Republic of Georgia where we helped a former Russian republic learn about emergency management response and medical care.

These people used to be oppressed, but now with the



Photos by Master Sgt. John Lasky

**Airman Jason Estell pushes a pallet onto a C-17 Globemaster III at Ramstein Air Base, Germany, Sunday. The Mississippi Air National Guard transport was flying air transport missions in Iraq. Airman Estell, from the 723rd Air Mobility Squadron, Ramstein, is one of today's new Airmen who comprise the next "greatest generation."**

help of the U.S. military, they were learning how to survive on their own. But what really struck me was the gratitude these Georgians had for the friendships they made with the American servicemembers.

Although you might not realize the positive impact your work here is doing, you are the face many Iraqi people will remember long after the war is over. They will recall that you were willing to sacrifice your personal life to come here, far from home, to help fight the oppressors and

establish a free nation.

When the war is over and the citizens in these formerly oppressed nations have the freedom to choose and can walk through their streets in safety, they will recall the sacrifices that not only the Americans made, but also the Coalition.

You will be able to look back as your forefathers did from the wars of the 20th century and say that you were part of today's new "greatest generation" who fought the Global War on Terror. You made a difference!

## Walking off the beaten path in Iraq can lead to unexpected surprises

By Master Sgt. Kirk Baldwin

Sather Air Base Top III Committee

A fond memory of growing up in Oregon was exploring. In the '70s, I could walk for miles and not see any evidence of another person. I imagined I was a great explorer, walking in woods untouched by humans. I searched for the largest tree and used it as a guide, trailblazing my way through the under brush to find it. It gave me a great sense of freedom and excitement. Those days are gone; although I do like to explore, it is not something one does in Iraq.

Here you stick to well-established paths. Venturing outside of these areas could be very dangerous.

This is a war-torn country. I looked at many trees here. Unlike my adventures in the forests, trees here have battle wounds. You can spot older injuries, perhaps from the first gulf war, by deep scars gouged in chunks of wood. Newer wounds are easier to spot - they bleed sap like a person would lose blood if they were here during the bombing campaigns.

The trees serve another purpose; they remind you things are not safe here. Scars point to explosions. Where there is battle damage there is a chance remnants of attacks are around. Walking off the beaten path here can be dangerous. Last week mortar rounds were found here, buried just

below the surface of the ground. Because these were old, the slightest vibrations - like someone out for a nature walk - could trigger them, killing or maiming someone.

Mortar and rocket attacks are frequent, and can leave debris that can, in the surgeon general's words, "be harmful to your health." Look for these devices or anything out of the ordinary. Complacency could cost you your life.

One day I will return home. I look forward to walking the woods again with my own children and grandchildren. I will teach my children to respect their surroundings and lookout for the unknown. It is a lesson that will stay with me after my time in Iraq



## SATHER AIR BASE BRIEFS

### Headgear in PT uniform

Headgear is not required while wearing the Air Force physical training uniform. However, Airmen may wear the 8-point desert camouflage or floppy hat while in the PT uniform to provide protection from the sun's ultraviolet rays, according to the 332nd Air Expeditionary Wing supplement to Air Force Instruction 36-2903, Dress and Perwronal Appearance of Air Force Personnel.

### Lunch Shuttle Bus

The lunch bus shuttle to the Le Fleur dining facility at Camp Liberty was discontinued due to minimal use.

### Army Medical Records

Army Soldiers can now view their individual medical readiness and immunization records at Army Knowledge Online. Soldiers can open and save the two documents using Adobe Acrobat.

There are also links to informational Web sites and Army regulations covering medical readiness at <https://www.us.army.mil/suite/login/welcom.htm>. Soldiers who find incorrect or blank data in their medical records here can contact their medical processing data entry representative to update or correct information.

### SNCO Course 14

The Senior Noncommissioned Officer Professional Military Education Course 14 is now available for enrollment.

The Web-based course contains the same curriculum as the CD-ROM-based Course 12, but it is accessible through the Internet. Students should choose the appropriate course based upon their current and future Internet access (i.e., deployments, etc.).

Students may not enroll in both courses concurrently. To enroll in either course, contact your unit training manager or base education or training office. For more information, visit the Air Univeristy Web site at <http://course12.maxwell.af.mil/index.htm>.

### Base Training Manager

Sather Air Base members can complete professional military education and career development courses. Contact Master Sgt. Carol Pointdexter at 446-2069 or [carol.pointdexter@bdad.centaf.af.mil](mailto:carol.pointdexter@bdad.centaf.af.mil).



Courtesy Photo

### Combat Wilson!

Wilson, who was lost at the end of the movie "Castaway," was recently spotted as the pilot of a C-130E Hercules at Sather Air Base. According to the 447th Expeditionary Operations Support Squadron, he has logged several combat flight sorties over Iraq.

### MyPay Copycats

There are at least four "copycat" Web sites that appear to look like the Defense Finance and Accounting Service myPay official site.

Some of these sites ask for similar personal information from people. Providing personal information to these sites can cause servicemembers problems.

The "official" myPay site is at <https://mypay.dfas.mil>. For more info, 446-2413/2412.

### Civil Engineer work order

To request work from the 447th Expeditionary Civil Engineer Squadron that requires detailed planning, complete an Air Force Form 332, Civil Engineer Work Request.

Complete blocks 1 to 3, 5, and 7 to 13. Skip blocks 4 and 6. Describe the work requested in block 8. Provide the justification in block 9. Sign block 13 and then drop the original 332 form at CES customer service. For more information, call 446-2235. justification in block 9 to help CES prioritize the work orders.

Sign block 13 and then drop the original 332 form at CES customer service. For more information, call 446-2235.

### Got a story idea?

Got a story idea? Like to write? Contact public affairs at 446-2405 or stop by the office at the Glass House.

### Hometown News Release

The Army and Air Force Hometown News release is a great way to share your service with family and friends back home.

You can complete a HTNR for events including deployments, promotions, education degrees or significant awards. The Hometown News Service sends news stories to your hometown. They also highly encourage you to submit an electronic image of yourself in uniform to accompany the release.

Click on <https://hn.afnews.af.mil/webpages/paperless/46790/46790-447aegbaghdadiap.html>. For more information, call 446-2405.

### Sather HTNR Unit Totals

People from these units have submitted the following numbers of HTNRs during AEF 9/10 since January:

- 447th Expeditionary Medical Squadron - 13
- 447th Expeditionary Civil Engineer Squadron - 10
- 447th Air Expeditionary Group Staff - 5
- 447th Expeditionary Logistics Readiness Squadron - 5
- 447th Expeditionary Operations Support Squadron - 2
- Coalition Air Force Transition Team - 2
- 447th Expeditionary Security Forces Squadron - 1
- 623rd Military Cargo Team (Army) - 1

# Striker Dining Facility Menu

## Daily Breakfast Menu

Baked bacon/sausage patties  
Creamed beef  
Canadian bacon or ham slices  
Onion&mushroom quiche  
breakfast burrito  
Assorted omeletes/eggs to order  
Scrambled eggs/hard boiled eggs  
Hash browns  
Grits/Oatmeal  
Waffles/French toast

## Short Order Lunch/Dinner

Hamburger/Cheeseburger  
Frankfurters  
Grilled cheese  
Egg rolls  
Chicken tenders/Buffalo wings  
Pizza/Tacos  
Potato/Pasta bar  
Baked beans  
French fries/onion rings  
Philly cheesesteaks

## March 25

### Lunch

Vegetarian veg soup  
Meat loaf  
Barbecue ribs  
Spaghetti w/meatballs  
Caribbean chicken

### Dinner

Vegetarian veg soup  
Beef and noodles  
Baked ham  
Fried fish  
Chicken Cordon Bleu

## March 26

### Lunch

New England Clam Chowder  
Roast beef  
Cornish hens  
Veal parmesan  
Baked fish

### Dinner

New England Clam Chowder  
Smothered pork chops  
Fried chicken  
Barbecue ribs  
Fried fish  
Ham hocks  
Polish sausage

## March 27

### Lunch

Cream of mushroom soup  
Rotisserie chicken  
Italian-style veal steak  
Salisbury steak  
Barbecue pork chops

## Dinner

Cream of mushroom soup  
Texas-style beef brisket  
Turkey cutlet  
Fried chicken

## March 28

### Lunch

Cream of broccoli soup  
Yakisoba  
Pulled pork barbecue  
Caribbean chicken  
Swiss steak w/ mushrooms

### Dinner

Cream of broccoli soup  
Meat loaf  
Veal parmesan  
Roast pork loin  
Parmesan pollock fish

## March 29

### Lunch

Chicken w/rice soup  
Swedish meatballs  
Barbecue chicken  
Corn beef  
Honey-glazed chicken

### Dinner

Chicken w/rice soup  
Baked chicken  
Grilled pork chops  
Roast beef  
Fish filet

## March 30

### Lunch

Vegetarian veg soup  
Roast turkey  
Chicken pot pie  
Braised beef  
Roast pork ham

### Dinner

Vegetarian veg soup  
Spaghetti w/meat sauce  
Veal parmesan  
Fried chicken

## March 31

### Lunch

Bean w/bacon soup  
Fried & baked fish  
T-bone steak  
Crab legs  
Fried shrimp  
Seafood gumbo  
Fried chicken  
Lobster tails

### Dinner

Bean w/bacon soup  
Salisbury steak

Glazed-baked ham  
Baked chicken  
Italian veal

## April 1

### Lunch

Bean w/bacon soup  
Fried chicken  
Pot roast  
Lemon-baked fish  
Roasted turkey

### Dinner

Bean w/bacon soup  
Veal steak  
Salmon  
Sweet & sour pork chops

## April 2

### Lunch

New England clam chowder  
Glazed baked ham  
Chili mac  
Meat loaf  
Cornish hen

### Dinner

New England clam chowder  
Smothered pork chops  
Grilled sausage  
Fried chicken  
Ham hocks  
Baked fish  
Barbecue ribs

## April 3

### Lunch

Cream of mushroom soup  
Pepper steak  
Fried fish  
Glazed-pineapple baked ham  
Veal parmesan

### Dinner

Cream of mushroom soup  
Barbecue pork  
Roast beef  
Fried chicken  
Spaghetti

## April 4

### Lunch

Cream of broccoli soup  
Cantonese ribs  
Baked chicken  
Chili mac  
Pot roast

## Dinner

Cream of broccoli soup  
Cajun catfish  
Braised beef w/noodles  
Breaded pork chops  
Italian veal

## April 5

### Lunch

Chicken w/rice soup  
Lasagna w/eggplant  
Veal parmesan  
Spaghetti w/meat sauce  
Salmon

### Dinner

Chicken w/rice soup  
Chicken curry  
Roasted turkey  
Salisbury steak  
Honey-glazed ham

## April 6

### Lunch

Bean w/bacon soup  
Meat loaf  
Fried chicken  
Turkey pot pie  
Herb-baked chicken

### Dinner

Bean w/bacon soup  
Grilled chicken breast  
Roast fresh ham  
Veal parmesan  
Swedish meatballs

## April 7

### Lunch

New England clam chowder  
Fried fish  
Baked fish  
Grilled steak  
Seafood gumbo  
Fried chicken  
Crab legs  
Lobster tails  
Fried shrimp

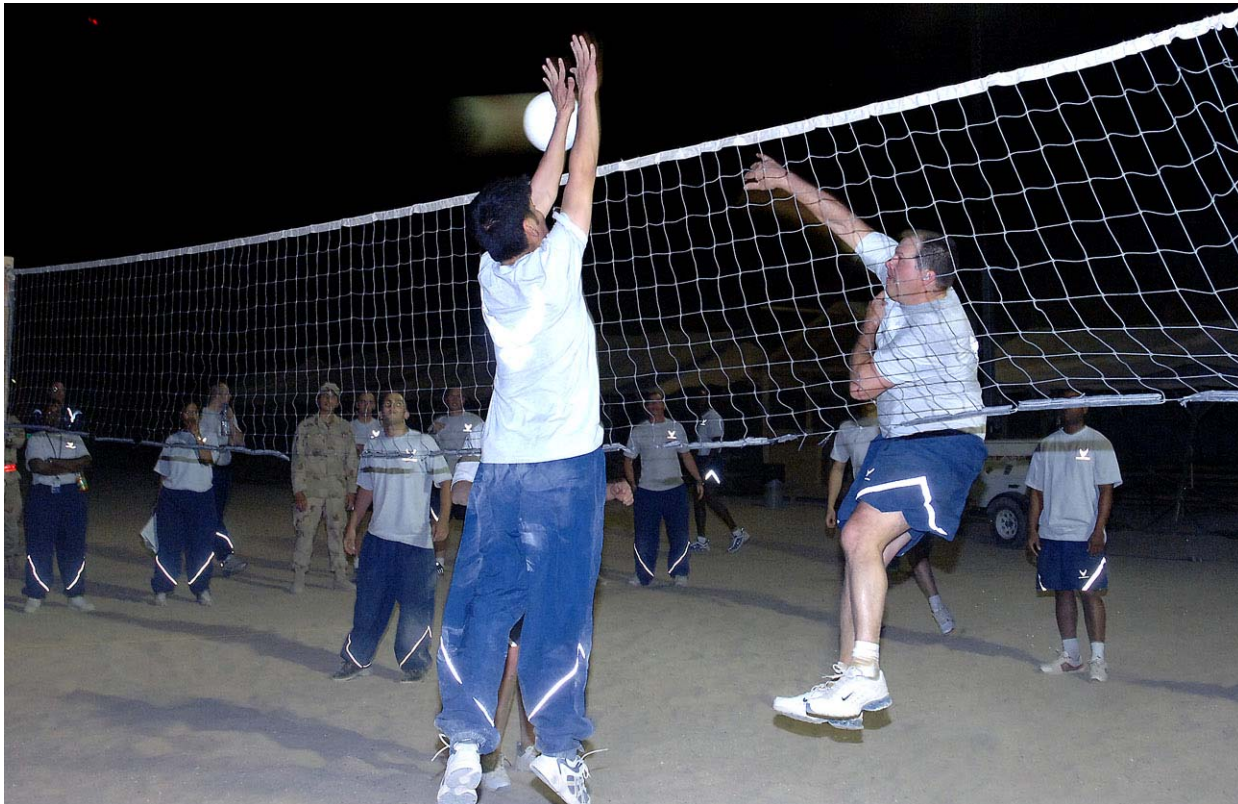
### Dinner

New England clam chowder  
Roast pork loin  
El Rancho stew  
Baked chicken  
Tuna tetrazzini

**Note: Rice and/or potatoes and a variety of vegetables are served with every meal.**

**Menu is subject to change without notice!**





Don't let Balmaceda 447th Air Expeditionary Group Contracting NCO, tries to block a shot by Jon Lundgren, 447th Expeditionary Civil Engineer Squadron. ECES 1 beat AEG in the final of four games, 21-16 to win the Sather Air Base Intramural Volleyball Championship Friday.

# Volleyball Champions

Sather's volleyball courts heated up Friday night during the intramural championships.

After four grueling games, 447th Expeditionary Civil Engineer Squadron Team 1 took the championship title from the 447th Air Expeditionary Group Team.

But the teams fought hard and kept the games tight, battling to the final point. Eleven teams battled since the season started in February, but ECES 1 and AEG took it to the final four.

Photos by  
Master Sgt. Will Ackerman



(Left) Tim Tabisz, 447th AEG, and Adam Prindle, ECES 1, battle for the ball. (Top) Jim Browning and Tim Tabisz, 447th AEG, congratulate each other after they scored a point in volleyball action Friday.



(Left) Brent Jordan, 447th AEG, and Adam Prindle, ECES 1, battle for the ball during the intramural volleyball championship Friday. ECES beat AEG in the final game 21-16





Photos by Master Sgt. Will Ackerman

Chris Benjamin, 447th Expeditionary Medical Squadron commander, takes a run on a new treadmill shortly after the new Sather Air Base Fitness Center opened Wednesday. The fitness center now includes cardio and weigh-training equipment, all in one location.

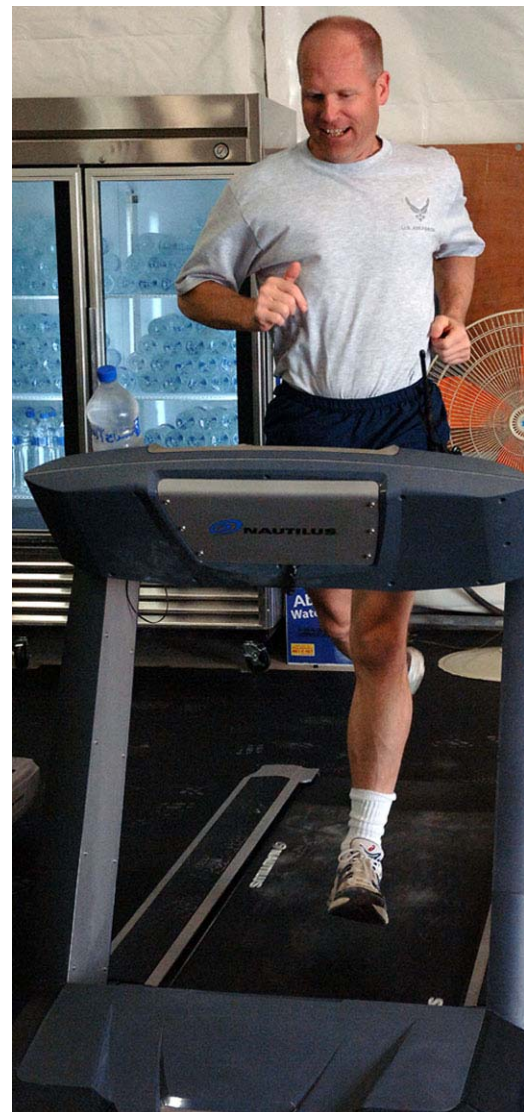
## New Fitness Center opens doors at Sather



(Left) Eric Wood, 447th Expeditionary Services Squadron superintendent, pounds flooring mats down at the new fitness center Wednesday.

(Right) Chris Benjamin, 447th EMEDS/CC, was the first person to use the new equipment Wednesday. The new facility and equipment cost nearly \$500,000. It includes new treadmills, steppers and elliptical machines.

The facility is also climate controlled and provides an area for aerobics classes.



### Final Intramural Volleyball Standings

Team	Wins	Losses
ECES 1	9	1
ECS	6	4
ELRS 2	4	6
ECES 2	4	6
AEG	7	3
EOSS	3	7
ECES 4	3	7
ELRS 1	4	6
ECES 3	8	2
EMEDS	1	9
ECES 5	6	4



## USAF SERVICES

Combat Support & Community Service

Nothing to do here in the desert after work? Tired of sitting in your tent? The 447th Expeditionary Services Squadron has something for everyone

■ Every Sunday, Bingo @ 9 a.m. & 8:30 p.m.

■ Monday, Spades

■ Tuesday, Jeopardy

■ Wednesday, Halo-2 Tournament

■ Thursday, Dominoes

■ Friday, Texas hold 'em

■ April 3, Win, lose or draw

■ April 4, Combat Fitness Challenge (9 a.m. only)

■ April 5, Ping Pong

■ April 6, Horseshoes

■ April 7, Texas hold 'em



All activities start at 9 a.m. & 7:30 p.m. unless otherwise noted

## Music Night at MWR

Come out to listen and dance to your favorite music from 7:30 to 10 p.m.

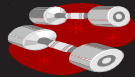
Wed, Country; Friday, Techno  
April 1, Country, April 5, Latin



## April Fools Fun Run

Beware of pranksters during this April Fool's Day fun run!  
Meet at the MWR recreation tent at 10 a.m. April 1.

## The Fitness Corner



• Want to burn up a ton of calories, build those six-pack abs and have fun? Come join the basic step aerobics class Tuesdays and Thursdays at 7 p.m. in the fitness center.



Photo by Master Sgt. Will Ackerman

Darren Bergeon, 447th Expeditionary Security Forces Squadron, tosses horseshoes during his off-duty time near the fitness center.



## Sather Victory Chapel

### Worship Services

#### Saturday

5 p.m., Catholic Confession

5:30 p.m., Catholic Mass

8 p.m., Catholic Mass, Camp Slayer Chapel

#### Sunday

8 a.m., Traditional Protestant Service

10 a.m., Gospel Worship Service

2 p.m., Latter Day Saints Service

3 p.m., Catholic Mass: Striker (Bus leaves Glass House @ 2:30 p.m.)

7:30 p.m., Contemporary Protestant Service

#### Monday

8 p.m., Evangelical Protestant Worship Service

Note: All worship services held at the Sather Air Base Victory Chapel unless otherwise noted.

## Chapel Activities

#### Monday

5 p.m., Bible Discussion Group, Chapel

#### TUESDAY

7 p.m., The Purpose Driven Life study, Chapel office

#### WEDNESDAY

7 p.m., Catholic Rite of Christian Initiation

7 p.m., Women's Bible Study, Chapel

8 p.m., Song of Solomon video series, Chapel office

#### THURSDAY

7 p.m., Bible Study Group, Chapel office

#### FRIDAY

7 p.m., Financial Peace Study, Chapel office